

2021-2022 BTM Course Descriptions

ENGLISH

Course Information	Course Description	Materials
<p>HS Grammar and Composition with Literature (9th-10th) \$350 + \$15 material/copy fee Trina Ferguson trinafergusonbtm@gmail.com</p>	<p>Through literature, music, movies, speeches, and more, students will learn and practice four different types of writing skills (creative writing/short story, essays, research papers, and poetry) as well as Professional writing or Real World Writing skills (cover letters, personal mission statements, resumes, and blogs). This course will also focus on grammar, vocabulary, and public speaking through fun and engaging activities & weekly discussions.</p> <p>There are no prerequisites for this course.</p> <p>*9th graders will be fine using this curriculum as well.</p> <p>**This curriculum is a PDF that you must download once you purchase. A discount code will be provided by the tutor.</p>	<p>Text:</p> <ul style="list-style-type: none"> ● Another Year of High School English/Language Arts: A Good Fit for 10th Grade, 7sistershomeschool.com \$50.25 (with tutor code).* ** <p>Literary Analysis Books (may not get to all):</p> <ul style="list-style-type: none"> ● A Raisin in the Sun by Lorraine Hansberry ● A Tree Grows in Brooklyn by Betty Smith ● Animal Farm by George Orwell ● Fahrenheit 451 by Ray Bradbury ● Something Beautiful for God by Malcolm Muggeridge ● The Hiding Place by Corrie ten Boom ● The Invisible Man by H. G. Wells ● The Good Earth by Pearl S. Buck <p>Cinema Studies for Literature Learning (may not get to all):</p> <ul style="list-style-type: none"> ● Places in the Heart (starring Sally Field and Danny Glover) ● The Miracle Worker (starring Ann Bancroft and Patty Duke)

		<ul style="list-style-type: none"> ● The Importance of Being Earnest (starring Colin Firth and Rupert Everett) ● What's Up, Doc? (starring Barbara Streisand and Ryan O'Neal) ● Field of Dreams (starring Kevin Costner and Amy Madigan) <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● 2" 3-ring binder ● 7 subject dividers ● Access to a computer & printer ● Gmail account for Google Classroom (will use whether we are in person or virtual) ● Pens, pencils, erasers, etc.
<p>MS English Literature and Writing (6th-8th) \$350 + \$25 copy fee. Lynn Jerdal lynnjerdal@gmail.com</p>	<p>This Middle School Literature and Writing course will focus primarily on literature highlighting stories and adventures from the Eastern Hemisphere. Writing assignments will center around creative expression, research and literary analysis, while continuing to reinforce essential grammar and mechanics. Throughout the year as students learn about Eastern cultures and beliefs through literature, they will compare and contrast these world views against the teachings and person of Jesus through thoughtful discussion and writing.</p> <p>The emphasis of this class will be primarily on literature and rely on consistent reading, requiring some time for reading most school days. Students will read eight literature books throughout the year, one book during each month of the academic year, with short stories in</p>	<p>Literature Texts:</p> <ul style="list-style-type: none"> ● Li Lun, Lad of Courage by Carolyn Treffinger ● The Cat Who Went to Heaven by Elizabeth Coatsworth ● Burying the Sun by Gloria Whelan ● Just So Stories by Rudyard Kipling ● Around the World in Eighty Days by Jules Verne ● Ali and the Golden Eagle by Wayne Grover OR Habibi by Naomi Shihab Nye ● The Boy Who Harnessed the Wind by William Kamkwamba and Bryan Mealer

	<p>December. Comprehension questions will accompany the reading assignments each week. The readings will be discussed in class and used for literary analysis assignments. The texts become increasingly vigorous as the year progresses. The goal is for all students to read the literature independently, but if accommodations are necessary as the reading advances, such as reading to a parent or accompanying an audio book, that is acceptable.</p> <p>Students will also complete writing assignments, ranging from poems to creative writing to short research essays.</p> <p>This class will be geared toward 6th and 7th graders, however 8th graders enrolled in the class will be assigned two additional literature books during the year. Additionally, they will be required to complete weekly Wordly Wise workbook assignments that will be verified by the parent.</p>	<ul style="list-style-type: none"> ● King of the Wind by Marguerite Henry <p>Writing/Language Arts:</p> <ul style="list-style-type: none"> ● Sonlight Extra Language Arts F Student Activity Sheets - 5 Day (\$14.99) <p>8th Grade Only:</p> <ul style="list-style-type: none"> ● A Long Walk to Water by Linda Sue Park ● A Girl Named Disaster by Nancy Farmer ● Worldly Wise 3000 Book 8 <p>Supplies:</p> <ul style="list-style-type: none"> ● 2" 3-ring binder w/paper ● 3 subject dividers ● Pens, pencils, erasers, etc.
<p>HS American Literature & Composition (9th-12th) Shekeyla Smith 2smithscholars@gmail.com</p>	<p>In this course students will be exposed to works of drama, fiction, poetry, and prose that span the course of American History and its cultural development. Students will use the readings and discussions to compose a variety of short essays throughout the course. These could include: analytical, compare and contrast, definitive, descriptive, expository, explicatory, persuasive, and/or reflective. Students will be directed in the art of both peer-editing and self-editing as well as the overall writing process and its importance to the writer. They will be further exposed to literary terminology as it arrives with the assigned readings.</p>	<p>Text: <i>(This list is currently incomplete as some works are still being decided upon. Time will be given to secure the materials prior to beginning the work. Other items may be added as deemed necessary):</i></p> <ul style="list-style-type: none"> ● The Scarlet Letter (Nathaniel Hawthorne) ● The Crucible (Arthur Miller) ● The Great Gatsby (F. Scott Fitzgerald) ● The Adventures of Huckleberry Finn (Mark Twain)

		<ul style="list-style-type: none"> ● Their Eyes Were Watching God (Zora Neale Hurston) ● Uncle Tom's Cabin (Harriet Beecher Stowe) ● Narrative of the Life of Frederick Douglass (Frederick Douglass) ● Fahrenheit 451 (Ray Bradbury) ● The Catcher in the Rye (J.D. Stalinger) ● The Red Badge of Courage (Stephen Crane) ● The Call of the Wild (Jack London) ● The Things They Carried (Tim' O Brien) ● Native Son (Richard Wright) ● Various historical essays, letters, and/or speeches ● Various short stories and poetic pieces
<p>HS World Literature & Composition (9th-12th) Shekeyla Smith 2smithscholars@gmail.com</p>	<p>In this course students will be exposed to a diverse range of literature from around the world. They will analyze works of allegory, biography, fiction, memoir, persuasion and poetry. It is through the reading of this material that students will be awakened to various cultures and how the variables of life (socio-economic status, ethnicity, religion, etc.) can affect one's viewpoint.</p> <p>Students will use the readings and discussions to compose a variety of short essays throughout the course. These could include: analytical, compare and contrast, definitive, descriptive, expository, explicatory, persuasive, and/or reflective. Students will be directed</p>	<p>Text: <i>(This list is currently incomplete as some works are still being decided upon. Time will be given to secure the materials prior to beginning the work. Other items may be added as deemed necessary):</i></p> <ul style="list-style-type: none"> ● Animal Farm (George Orwell) ● Lord of the Flies (William Golding) ● Cyrano de Bergerac (Edmond Rostand) ● Julius Caesar (William Shakespeare)

	<p>in the art of both peer-editing and self-editing as well as the overall writing process and its importance to the writer. They will be further exposed to literary terminology as it arrives with the assigned readings.</p>	<ul style="list-style-type: none"> ● Night (Elie Wiesel) ● The Hiding Place (Corrie Ten Boom) ● The Art of War (Sun-Tzu/John Minford) ● Things Fall Apart (Chinua Achebe) ● The Autobiography of Miss Jane Pittman (Ernest J. Gaines) ● Various cultural, letters, and/or speeches ● Various short stories and poetic pieces
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SOCIAL SCIENCES

Course Information	Course Description	Materials
<p>HS American Government (9th-12th) \$350 + \$25 copy fee Trina Ferguson trinafergusonbtm@gmail.com</p>	<p>This course provides an analysis and practical-learning approach to the study of the history and current policies of the US Government and Politics. Interactive Student-Government like application throughout the school year will also be included. Through interactive lessons and games, this course will cover federal, state, and local government through iCivics.org and Crash Course Government. Additionally, we will hold a mock Presidential race and election. This course counts as one credit for American Government. Grades 9-12.</p>	<p>Text:</p> <ul style="list-style-type: none"> ● Notgrass 2016 edition of Exploring Government ● Notgrass We Hold These Truths ● Notgrass Student Review Book <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● 2" 3-ring binder ● 7 subject dividers ● Access to a computer & printer ● Gmail account for Google Classroom (will use whether we are in person or virtual) ● Pens, pencils, erasers, etc.

<p>MS Civics (6th, 7th, & 8th) \$350 + \$25 copy fee. Beth Quinlan Pritchett bethquinlanpritchett@gmail.com</p>	<p>What is an educated and active citizen? Students will explore this question and more while they are introduced to the American system of government and focus on elections, the presidency, and Congress. Students will delve into other aspects of understanding citizenship such as the military and emergency workers, state and local government, the judicial system, and government involvement in transportation, tourism, and more. Students will have the opportunity to live out their citizenry and participate in two service learning projects and two field trips. Students will have holiday research and presentations where food and costume will be encouraged.</p>	<p>Text:</p> <ul style="list-style-type: none"> ● <i>Uncle Sam and You Part 1 and Part 2, The Citizen's Handbook</i> (https://history.notgrass.com/middle-school/uncle-sam-and-you/) <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● Notebook ● Pens, pencils, erasers, etc
<p>Art History (9th-12th) \$350 + \$20 supply fee Anna Fogg annaof7kids@gmail.com</p>	<p>Hands-On Art History - A journey through Art History with a heavier attention to the Renaissance and the Art of modern & contemporary Artists who are people of color. Every other class will find the students creating art that corresponds to the Art Master or period of study. Students will create and finish a Book of the Masters in their own style by the end of class, (final assignment) which will contain and display the assignments, essays, artwork, a timeline, art cards they create, their favorite Artist, art vocab and any other pertinent info from class. Students will be expected to participate and contribute in discussions. <i>Note: This 1 credit high school course can count towards either a World History credit or a Fine Art credit.</i></p>	<p>Text:</p> <ul style="list-style-type: none"> ● The Annotated Mona Lisa by Strickland (black cover) <p>Supplies:</p> <ul style="list-style-type: none"> ● Students will need the ability to print to create their Book of The Masters and will either buy a book (scrapbook) or create their own from scratch.

<p>High School American History 1492-2021 (w/optional African American History) (9th-12th) \$350 plus \$35 supply fee Kelly Blake kdbblake@gmail.com</p>	<p>This year-long course covers American History beginning with its discovery, explorers, founding fathers, the building of our nation, and ending with the present day. The focus will be on history taught through critical events such as wars and treaties. It will also examine the parallel timelines of the various ethnicities that make up modern America. We will examine the American story told from different perspectives and regions of our beautiful country, including each student's own story and that of their family. Memorization through chants and little ditties of key facts and the order of presidents is required. Students will also work on various projects throughout the year. This course will count for one credit of American History. Additionally, honors or an extra half credit is an option for this course that can be earned by expanding the study into a closer examination of the African American cultural experience.</p> <p>*Note: Parents can decide if the extra study will be counted as honors or a half credit. More details to come in mid-May. The total class cost with that option is \$500 (an additional \$150 for the ½ credit). Please let the tutor know by June 1st if your student will add this option.</p> <p>Grades 9-12</p>	<p>Text:</p> <ul style="list-style-type: none"> ● Notgrass Exploring American History Part 1 & 2, Notgrass American Voices Notgrass Student Review Pack (3 pack of books: Student Review, Quiz & Exam book, and Answer Key) ● "Twelve years a Slave" for 1st semester ● "Night" by Elie Wiesel For 2nd semester <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● 1 inch binder ● History Folder (Tutor will supply)
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MATH

Course Information	Course Description	Materials
<p>Geometry (9th-12th) \$350 + \$35 copy fee (for activity & practice workbooks)</p> <p>Cathy Kolb cathykolb1766@gmail.com</p>	<p>This class has been designed for those students who have taken Algebra with or without Geometry. This class may be taken in addition to Algebra with Geometry classes or as a stand-alone course. It depends on how you design your math curriculum.</p>	<p>Text: Geometry, Copyright @ 2001 by Holt, Rinehart and Winston, ISBN 0030522196 (NOTE: I will provide answer key to parents by email)</p> <p>Supplies and Equipment:</p>

	<p>Also, any students who would like to focus more on Geometry concepts and terms for various reasons may want to take this class.</p> <p>Prerequisite: Algebra 1</p>	<ul style="list-style-type: none"> - package of spiral bound index cards or index cards with book rings - Notebook for 2-3 classes (meaning MORE than 100 sheets) - (2) 2 pocket folders, 1 for homework papers & 1 for graph paper - loose leaf paper (LOTS) - graph paper (as needed) - protractor and compass
<p>Algebra 2 w/Geometry (9th-12th) \$400 Cathy Kolb cathykolb1766@gmail.com</p>	<p>This class covers traditional second year algebra course material along with key concepts of geometry. Major topics include solving and graphing linear and quadratic equations, factoring, a variety of types of word problems, solving simultaneous equations, concepts of roots of quadratic equations, complex numbers, solving systems of nonlinear equations, graphing and solving a system of inequalities and trigonometric ratios. This class will meet for 1 ½ hrs. on Tues. & Thur. Immediately following class there will be an optional 30-minute study session to review homework problems and ask questions(included in the course). Students may earn 1/2 Geometry credit with their Algebra II credit upon completion of the course.</p> <p>Prerequisite: Students must have completed Algebra I and Geometry or Algebra I with Geometry and have maintained a C average in each class to take this course and be recommended by their previous BTM tutor. An assessment may be necessary for approval. ***Please note the length of the time slot on the schedule for this class</p>	<p>Text: -Saxon Algebra 2 (3rd edition)</p> <p>Supplies and Equipment: -TI 83 (or higher) graphing calculator -protractor or ruler -LOTS of loose leaf paper for homework -notebook for 2-3 classes (meaning more than 100 sheets)</p>

Course Information	Course Description	Materials
<p>Physical Science (8th-9th) \$350 + \$40 lab fee Christina Rafter chrstnrfr@gmail.com</p>	<p>This creation-based science course introduces students to physical science through engaging lessons, formal experiments, and "You do Science" mini-experiments that give students the opportunity for even deeper-learning. Four modules cover the basics of chemistry, including properties and states of matter, atomic structure and the periodic table, chemical bonds, and reactions and energy. Six modules are dedicated to physics and include the study of motion, forces, energy, light, and electricity and magnetism. Students finish out their year learning about Earth science.</p> <p>Prerequisite: 7th grade level math class</p>	<p>Text:</p> <ul style="list-style-type: none"> • Apologia's <i>Exploring Creation with Physical Science 3rd Edition</i> <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> • Notebook or binder with note paper • Colored pens or pencils
<p>Biology (9th-12th) \$350 + \$40 lab fee Christina Rafter chrstnrfr@gmail.com</p>	<p>This college-prep biology course provides students with a thorough understanding of the relevance of scientific inquiry. Textbook readings are backed by hands-on experiments that take students' book knowledge and bring it into real-world applications. Experiments will include becoming familiar and proficient with the microscope and several dissections. After completing this course, students will be able to understand the vocabulary of biology and gain a strong understanding of the scientific method that will equip them to analyze data across other disciplines. Modules cover atoms, chemical structures, ecosystems, biomes, ecological communities, cell structure and function, cellular energy, DNA, proteins, cell cycles, and genetics (including inheritance, disorders, and technology). Students will also learn about prokaryotes, viruses, protists, fungi, and the fascinating worlds of plants and animals.</p>	<p>Text:</p> <ul style="list-style-type: none"> • Apologia's <i>Exploring Creation with Biology 3rd Edition</i> <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> • Notebook or binder with note paper • Pocket folder • Blue or black ink pens • Pencils with erasers
<p>Chemistry (10th-12th) \$350 + \$40 lab supply & copy fee Christina Rafter</p>	<p>This rigorous, college-preparatory course covers fundamental aspects of chemistry such as the classification of matter, atomic structure, spectroscopy, chemical bonding, molecular geometry, physical change,</p>	<p>Text:</p> <ul style="list-style-type: none"> • Berean Builders' <i>Discovering Design through Chemistry</i>

<p>chrstnrfr@gmail.com</p>	<p>chemical change, stoichiometry, solutions, ideal gases, acid/base chemistry, reduction/oxidation reactions, thermochemistry, thermodynamics, kinetics, and chemical equilibrium. Weaving together concepts and their mathematical applications, the course teaches students how to think as a chemist so they can analyze the major changes that occur in matter. Throughout the course, the student is shown how chemistry reveals the amazing design that exists all around us. From the details of atomic structure to the makeup of the very air that we breathe, chemistry shows us the marvelous handiwork of God.</p> <p>Prerequisite: Algebra 1</p>	<p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● Notebook or binder with note paper ● Scientific calculator or quality scientific calculator phone app ● Colored pens or pencils <p>Lab goggles and aprons are provided, however, students that prefer to do so are welcomed to bring their own.</p>
<p>Physics (11th-12th) \$350 + \$50 lab supply & copy fee Christina Rafter chrstnrfr@gmail.com</p>	<p>This rigorous, college-preparatory course is designed to be the student's first physics course and is generally taken in 11th or 12th grade. It provides a detailed introduction to the methods and concepts of general physics, heavily emphasizing vector analysis. It provides the student with a strong background in one-dimensional and two-dimensional motion, Newton's laws and their application, gravity, work and energy, momentum, periodic motion, waves, optics, electrostatics, electrodynamics, electrical circuits, and magnetism. Each concept and mathematical formula we learn to apply will be backed up with hands on experiments to solidify understanding.</p> <p>Prerequisite: Algebra 2</p>	<p>Text:</p> <ul style="list-style-type: none"> ● <i>Apologia's Exploring Creation with Physics 2nd Edition</i> <p>Supplies and Equipment:</p> <ul style="list-style-type: none"> ● Notebook or binder with note paper ● Pocket folder ● Scientific calculator or app ● Graph paper ● Ruler ● Blue or black ink pens ● Pencils with erasers
<p>MS General Science (7th-8th) \$350 + \$30 lab fee</p> <p>Lawrence Ferguson lawferguson@yahoo.com</p> <p>Jualecia Malone</p>	<p>In this course, students will learn about the history of science, the scientific method, simple machines, geology, paleontology, the history of life, how your body works, and some of the amazing living creatures that exist in God's creation. Labs and other hands-on activities will be used to enhance the learning experience. This course is a year long course. The first semester, taught by Lawrence Ferguson, will focus on the scientific</p>	<p>Text:</p> <ul style="list-style-type: none"> ● <i>Apologia's General Science 2nd Edition (NOT 3rd Edition)</i> <p>Supplies:</p> <ul style="list-style-type: none"> ● Notebook or binder with note paper

jualeciam@comcast.net	method as well as an introduction to many types of sciences. The second semester, taught by Jualecia Malone, will focus on the anatomy and physiology of the human body.	<ul style="list-style-type: none"> • Scientific calculator or quality scientific calculator phone app • Colored pens or pencils
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WORLD LANGUAGES

Course Information	Course Description	Materials
American Sign Language 1 (6th-12th) \$350 + \$30 supply fee (see "Materials") Ana Miller danandana@gmail.com	An introduction to American Sign Language including basic grammar rules, vocabulary, finger spelling, numbers and basic conversation. Also an introduction to deaf culture, etiquette and important people and events.	Text: <ul style="list-style-type: none"> • <i>Signing Naturally</i> (with DVD) • \$30 supply fee for in-class materials (i.e. games, projects, etc.)
American Sign Language 2 (6th-12th) \$350 + \$30 supply fee (see "Materials") Ana Miller danandana@gmail.com	ASL II is a continuation of ASL 1. This course is designed to continue development of American Sign Language expressive and receptive skills, grammar, vocabulary, cultural awareness, and related terminology.	Text: <ul style="list-style-type: none"> • \$30 supply fee for in-class materials (i.e. games, projects, etc.)

ELECTIVES

Course Information	Course Description	Materials
High School Health (1st Semester Only) (9th-12th) \$175 + \$35 lab fee Jualecia Malone jualeciam@comcast.net	This 1/2 credit, one semester course covers spiritual, physical and emotional health. Anatomy, physiology, common illnesses (infectious and noninfectious), first aid and CPR are highlighted. Reproductive health is discussed in gender split classes. The lab fee covers the cost of a stethoscope and other supplies.	Text: <ul style="list-style-type: none"> • Total Health: Choice for a Winning Lifestyle, Student Textbook Supplies: <ul style="list-style-type: none"> • Binder • Colored pencils/pens

<p>High School Personal Finance (1st Semester Only) (9th-12th) \$175 + \$25 material fee Bryan Brooks bstream@hotmail.com</p> <p>Assistant: Kelly Blake Kdbblake@gmail.com</p>	<p>This ½ credit, fall semester Personal Finance class is designed to help students understand how their financial decisions will impact the rest of their lives. Participants will develop understanding and skills in such areas as money management, budgeting, setting financial goals, the use of credit, saving, and investing. This course will be interactive and give students the knowledge and tools needed to analyze life’s major financial decisions and begin a financial plan that can be utilized today and into the future.</p> <p>*Note: If in person classes are able to meet at Belcroft, the main teacher, Bryan Brooks, will at times teach remotely to the live class gathering since he commutes between AZ and MD for work. On these occasions, the live class will be attended and facilitated by his assistant, Kelly Blake, while Bryan joins in and teaches the class via zoom.</p>	<p>Text:</p> <ul style="list-style-type: none"> • TBD
<p>Intro to Multimedia Design (6th-12th) \$350 + Adobe Creative Cloud fee (see curriculum requirements for details) Moira Ballard moiraballardtutor@gmail.com</p>	<p>This introductory level course explores multiple forms of design in different media. Students will learn about some basic elements of design including fonts, color, audio, animation, and video. They will explore how these elements combine to create a multimedia product. This course emphasizes the design aspect of multimedia products and allows students to engage with tools that create such products. <i>Counts as 1 Technology Credit.</i></p>	<p>Required:</p> <ul style="list-style-type: none"> • Adobe Creative Cloud account: For 2-4 months of the course, access to Adobe will be required. The student rate is approximately \$20 per month. • Access to a device during class and for homework
<p>Middle School/High School Art (6th-12th) \$350 + \$45 Anna Fogg annaof7kids@gmail.com</p>	<p>ArtFul Matters - This is Mrs. Fogg’s signature art class, filled with a potpourri of projects that use paint, markers, pencil, pastels, feathers, clay and other media to let the hands and mind create beautiful art. Each student will receive a kit with supplies so that they can also practice their new skills at home. Additional supplies given in class depending upon the project.</p>	<p>Supplies:</p> <ul style="list-style-type: none"> • Provided by tutor (\$45 art fee)
<p>MS/HS Running (1st Semester Only) (6th-12th)</p>	<p>The Christian walk in life parallels that of a runner’s experience of ups and downs while needing to keep our eyes on the prize; Our saving God and his mercy and</p>	<p>Required:</p>

<p>\$175+5K registration fee (<\$40) Beth Quinlan Pritchett bethquinlanpritchett@gmail.com</p>	<p>love. Students will learn the importance of and methods of dynamic and static stretching, proper form and posture, keeping time and pace, all building up to compete in a local 5km race. Appropriate gear (how it should fit and how much you should wear) and nutrition will also be covered. This class is fun and will form lifelong habits and activities fostering healthy life choices and a deeper meaning of healthy mind, body and spirit. Students will be expected to run an additional time during the week on their own.</p>	<ul style="list-style-type: none"> ● Running shoes (Recommend Charm city Run in Annapolis Center) ● Registration for 1 local 5 Km race. (Usual Price is less than \$40.00 per person.)
<p>MS/HS Yoga <i>(2nd Semester Only)</i> (6th-12th) \$175 Anna Fogg annaof7kids@gmail.com</p>	<p>Bohemian Yoga - Basic Yoga Asana 101 - Students learn to combine breath work with fundamental and foundational Yoga postures (asana), how to move fluidly and gracefully from asana to asana or pose to pose, establishing more strength, balance and a toned body. We will practice Vinyasa Flow, Hatha and Yin Yoga. Students will be taught how Yoga can proactively keep the body strong and resilient. Students will see how to make a pose more challenging and how to tone down a pose. All Yoga increases focus, concentration and mental clarity, improves posture and spine health, fosters better heart health, a stronger immune system as well as teaches one to use the breath to move more mindfully. Students will need their own Yoga mat, 2 foam Yoga blocks, Yoga strap and a Mexican blanket or beach towel at each class. Students will practice Yoga postures at home in between classes and will be able to 'teach' a 5 minute demo at the end of the semester to the class. Students must wear clothing that permits much movement and twisting like Yoga leggings, tanks & t-shirts, shorts and bare feet. No jeans, dresses or skirts, bra tops, halter tops or socks allowed during class. <i>(Note: leggings and shorts must comply with dress code. Leggings must be worn with a long top covering "your</i></p>	<p>Supplies:</p> <ul style="list-style-type: none"> ● Appropriate yoga attire (see description for details)

	<i>whole backside with your shirt/top/sweater, which should be well below your derriere,” and “shorts’ hemline must fall below your fingertips”).</i>	
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